



Washington State Coalition
To Reduce Underage Drinking
www.StartTalkingNow.org

Underage Drinking in Washington: Something to Talk About Video Discussion Guide

Dear Presenters,

Thank you for helping to educate parents about underage drinking in Washington and what they can do to prevent it. Underage drinking is our country's biggest drug problem. The U.S. Surgeon General estimates that 5,000 youth under the age of 21 die each year from alcohol-related injuries. While some teens in the video say that lots of youth drink, the good news is that the majority of middle and high school students do not use alcohol (2008 Washington State Healthy Youth Survey). Teens are less likely to drink when they know that most of their peers are not drinking.

Before showing the video, we suggest giving parents a few facts about alcohol and youth, such as how early some kids start drinking, how much and how often some kids drink, and where youth in your community get alcohol. Fact sheets with **local** data from the 2008 Healthy Youth Survey can be downloaded from www.askHYS.net. A fact sheet with **statewide** data is available at <http://www.starttalkingnow.org/alcoholresearch/index.shtml>. This information shows parents the importance of talking early and often with their children and teens about not drinking.

After showing the video, asking parents the following questions can encourage them to keep the conversation going and stay involved throughout the teen years:

1. What was the most helpful information, and was any of it new for you?
2. What are the messages about alcohol that youth get in your community?
3. What can be done in homes and communities to reduce youth access and exposure to alcohol and its advertising?
4. When surveyed, many youth report that their parents don't talk with them enough about alcohol. What can parents do to be sure children and teens remember their rules and expectations?
5. Alcohol can cause permanent damage to the developing teen brain, which increases the risk for school failure and alcoholism. When teens drink, they are also more likely to be assaulted, have unprotected sex, lose their driver's license, and be disqualified from playing sports. Are your children aware of these risks?

Parents can get more information about underage drinking and how to prevent it at www.StartTalkingNow.org. For comments or questions about the video, please visit the website and select **Contact Us**.

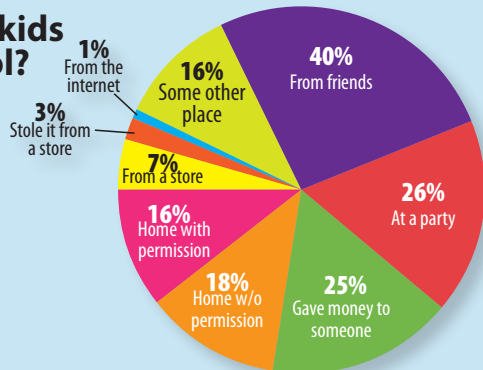
This video is also available on **You Tube**.

Did you know?

- About one in three (32%) Washington 10th graders used alcohol in the past month (2008 Washington State Healthy Youth Survey).
- One in seven (14%) 10th graders had five or more drinks in a row in the past two weeks (HYS).
- Alcohol use doubles between grades 6 and 8.
- One-third (34%) of youth who drink get alcohol from their own homes.
- Parent disapproval of underage drinking is the #1 reason youth choose not to drink (U.S. Department of Health and Human Services).



Where do kids get alcohol?



Source: 2008 Washington State Healthy Youth Survey

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